



## **Charlotte Flights Track and Field Club Fall and Winter Training 2025-2026 Sessions**

### **Mechanics, Conditioning and Strength Training**

*Monday and Wednesday*

*(Start date September 15, 2025)*

*Youth (7 & up)*

*6:00pm – 7:30pm*

*Johnson C. Smith University*

*Irwin Belk Complex*

*500 Summit Avenue*

*Charlotte, NC 28216*

*Monday Night Only (optional)*

*7:45pm – 8:30pm*

*Mecklenburg County Aquatic Center*

*800 E. Martin Luther King Jr. Boulevard*

**Cost: \$80 per 10-week session**

**Session I (September 15 – November 21, 2025)**

**Session II (December 1, 2025 – December 24, 2024 & December 31, 2025)**

**Session II (January 5, 2026 – February 18, 2026)**

**Register and pay online @ [www.charlotteflights.org](http://www.charlotteflights.org)**

*For additional information contact*

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**\*All new athletes will need to bring a copy of their birth certificate**